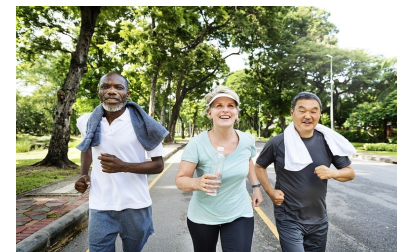







# SENIOR LUNCH MENU

August 2021



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2 BBQ Pork, Black Beans, Confetti Cole-slaw, Fruit Cobbler</b>	<b>3 Chicken Salad Sandwich, Potato Salad, Fruit, Cookie and condiments</b>	<b>4 Beef Tips w/mushroom sauce, Parslied Noodles, Zucchini Casse-role, Fruit/</b>	<b>5 Spinach, Mushroom Lasagna, Caesar Salad w/dressing, Strawber-ries/pound cake</b>	<b>6 Roast Beef, Mashed Potatoes, gravy, Squash Medley, Trifle</b>
<b>9 Stuffed Peppers, Green Beans, Stewed Tomatoes, Chocolate</b>	<b>10 Ham &amp; Cheese Sandwich, Pasta Salad, Fruit, Cookie and</b>	<b>11 Chicken Rice Casserole, Corn O'Brien, Baby Carrots, Fruit Salad</b>	<b>12 Turkey Croquette, Parmesan Potatoes, Coleslaw, Cake w/frosting</b>	<b>13 Meatballs w/sauce, Jefferson Noodles, Tossed Salad, w/dressing</b>
<b>16 Beef BBQ, Macaroni &amp; Cheese, Cheesy Spinach, Cake</b>	<b>17 Turkey Sandwich, Potato Salad, Fruit, Cookie and condi-</b>	<b>18 Cheddar Baked Fish, Potato Fingers, Broccoli, Pear Trifle</b>	<b>19 Maple Glazed Pork Chop, Baked Potato, Cheesy Spinach, Fruit</b>	<b>20 Pepper Steak w/gravy, Rice Pilaf, Vegetable Medley, Tropical Fruit</b>
<b>23 Honey Glazed Turkey, Sweet Potatoes, Green Beans, Fruit Trifle</b>	<b>24 Chicken Salad Sandwich, Pasta Salad, Fruit, Cookie and condiments</b>	<b>25 Chopped Steak, Mashed Potatoes, Gravy, Peas &amp; Mushrooms, Cake</b>	<b>26 Crispy Baked Fish, Creamy Pasta Salad, Coleslaw, Fresh Fruit, Pound cake</b>	<b>27 Meat Lasagna, Tossed Salad w/dressing, Berry Trifle</b>
<b>30 Dixie Chicken, Black Eye Peas, Mixed Vegetables, Cake</b>	<b>31 Ham &amp; Cheese Sandwich, Pasta Salad, Fruit, Cookie and</b>			

## Be physically active

Engaging regularly in physical activity of some kind — a walk in the park, chair exercises at home, video fitness programs — is the experts' top recommendation.

The [Go4Life](https://www.go4life.org/) program, sponsored by the National Institute on Aging, is a valuable resource for those getting started and you can find videos of some sample exercise routines on [YouTube.com](https://www.youtube.com/)

*All meals are served with 2% or Skim Milk and a Dinner Roll*

